



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC

OR



Find us on the web:

www.co.dodge.wi.gov

ADRC Recipe Box

Summer Corn Salad



IT'S A FRESH VEGGIE RAINBOW!

Ingredients:

- ◆ 2 C. corn kernels
- ◆ 1 C. halved grape tomatoes
- ◆ 1 C. diced zucchini
- ◆ 1/2 C. diced celery
- ◆ 1/2 C. diced sweet pepper
- ◆ 1/4 C. diced red onion
- ◆ 2 T. olive oil
- ◆ 3 T. honey
- ◆ 3 T. vinegar
- ◆ 1 tsp. salt

Serves: 5 Cals: 162

Directions:

1. Combine olive oil, honey, salt, and vinegar in a jar. Cover with lid and shake.
2. Place all vegetables in a large bowl.
3. Pour dressing over top and gently toss to coat.
4. Cover and refrigerate until ready to serve.

For more recipes like this, head to www.theseasonedmom.com



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039





199 County Road DF - 3rd Floor
Juneau, Wisconsin 53039



ADRC Connections

SUMMER ISSUE

Newsletter 2020

Connecting You with Supports and Services

The ADRC and
Aging Programs in
Dodge County
are just a phone
call away!

920-386-3580
800-924-6407

Welcome to our new
look! Let us know what
you think!

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Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

Looking to enjoy the beauty of nature? Explore Dodge County's many parks and trails. Below is an abbreviated offering from Land Resource and Parks webpage:

Astico Park (100 acres) consists of developed and natural areas on the historic Danville Mill Pond of the Crawfish River about three miles east of the City of Columbus in the southwestern part of Dodge County. The park is split by the river and connected by the historic Ninabuck and Scofield Bridges.



The main park entrance is just south of Highway 60 at N3620 Highway TT.

Ledge Park (82 acres) lies along the Niagara Escarpment, a natural rock ledge which divides the park into upper and lower areas and provides a breathtaking overlook of the famous Horicon Marsh and surrounding countryside located in the north central part of Dodge County, between Horicon and Mayville, just off of Highway TW. This is a convenient place to visit while exploring the Marsh, the Horicon Marsh Education Center, the Wild Goose State Trail, Gold Star Memorial Trail, and many other attractions in Dodge County.



Nitschke Mounds Park (54 acres) is located near the center of Dodge County adjacent to the Wild Goose State Trail and just west of the Horicon Marsh. The property contains approximately 39 preserved animal effigy, conical and linear mounds believed to have been constructed between 800 AD-1100 AD. The mounds represent one of the best surviving examples of the Mound Builders culture that once occupied the Dodge County area. A one-mile trail with interpretive signs are available around the mounds and through the park.



Wild Goose State Trail (34 miles) links south of the City of Juneau (Gateway to the Wild Goose Trail) and the City of Fond du Lac. This 34 mile compacted limestone trail on an abandoned railroad grade traverses oak woodlots, fertile farm fields, prairie remnants, and sparkling streams as it runs through the rural countryside of Dodge and Fond du Lac Counties and skirts the western edge of the

internationally known Horicon Marsh National Wildlife Refuge. Wildlife, scenery and level surface provide safe, easy and enjoyable biking and hiking for all ages.



Glacier River Trail (3.5 mile) is a paved hiking and biking path along Highway 26, running from Highway CJ near Clyman, south to Second Street near Watertown. The path is connected to the Wild Goose Trail and the City of Watertown via road routes and is part of the multi-county Glacial River Trail that runs south through Jefferson County and into Rock County.



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Brittany Borchardt, Diane Coulter, Pam Couperus,
Heather Ehrlich, Morgan Leistikow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt,
Jeannette Moon, & Hannah Rohlinger
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,
Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Jill Weisensel, Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn, Briann Susdorf
 Elder Benefit Specialist.....Amanda Higgins, Briann Susdorf
 Transportation Coordinator.....Elaine DeBlare
 Van Drivers.....Bill Benedon, Mark Callies, Jerry Groehler,
Mike Falkinham, JJ Johnson, John Leitner,
Greg Maier, Dave Pasewald

STAFF Spotlight



Hi! My name is Brittany Borchardt and I am the new Aging and Disability Resource Specialist! Prior to taking on this new role, I was a Police Officer in the City of Juneau for ten years. I'm excited to take on this new role and the challenge of learning something new! In my free time I enjoy spending time kayaking, hiking, and making memories with my husband and our two children. I gain the most fulfillment in life by being able to help others and I'm excited at the opportunities that the ADRC offers to be able to impact someone else's life in a meaningful and positive way.

Our Valuable Volunteers

*What is the value of volunteering?
 Volunteering is about
 giving, contributing and helping other
 individuals and the community.
 Volunteering means working with
 others to make a meaningful
 contribution to a better community.*

Merlin Bowe is one of our most dedicated volunteer drivers. He has been a volunteer with us since 2001. Yes, almost 20 years!!! His friend, who was a driver here, gave him an application on the day of his retirement and he hasn't looked back. When asked what was one of his favorite things about driving he said talking to and meeting new people. Driving has also given him an appreciation for what others go through - new perspectives on different ways of life. He is very impressed with the people that he provides rides to and is so thankful he is able to help. On days when he thinks things are really hard, he refers back to the people that he transports and thinks "you know what, I don't have it that bad! You always know that someone else is worse off than you are. I am marveled by their resilience to overcome and keep going." It's like a two-way street; he helps them, they help him. It keeps him busy and gives him a sense of accomplishment. When all the shut downs started happening, he was asked if he wanted to hold off driving for a while and he said, "No, the people still need to get to dialysis." All we can say is WOW! "God's blessings to everyone!"





Assistance for Caregivers at Your Fingertips

The life of a caregiver can be incredibly busy and also very isolated. If there is one thing the COVID-19 pandemic has taught us it is that we need to try new things, learn new ways to do things, including stay in touch. Assistive technology may be just the thing you need to make your role as a caregiver a little easier.

When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Asking friends, relatives and neighbors for help is one great solution, but with social distancing in place, this may not be a great option. Assistive technology can make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat. Assistive technology is any item, piece of equipment, or product including apps to use on your phone, tablet, or computer that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors allowing them to eat on their own.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, like a long-handled reacher, back scratcher, and a jar opener. There are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

MOBILITY/TRANSFERRING

Swivel seat cushion
Furniture Riser

BATHING/DRESSING

Sock aid
Shampoo trays

EATING

Plate guard
Weighted forks or forks with grips

RECREATION

Lighted magnifying glass
Extra-large playing cards
Pocket talker
Adult coloring
Large piece puzzles
CD's with tours, sing-a-longs,
exercises & more

Adapted from an article by Jane Mahoney
Greater Wisconsin Agency on Aging Resources

WANDERING PREVENTION

Door posters, stop signs & alarms
Adaptive doorknobs

MEDICATION MANAGEMENT

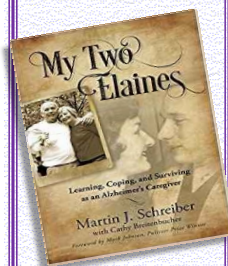
Talking pill box
Locked med box with timer

COOKING

Suction cup brushes
Rocking T knife

There is also a plethora of online learning, support groups, and other help for caregivers available. Apps can help caregivers plan and organize as well as connect with others. If you are interested in exploring how assistive technology might help you, call or email Catherine at the Aging and Disability Center here in Dodge County. **920-386-3580**
cknickelbein@co.dodge.wi.us

BOOK CLUB



Learning, Coping, and Surviving as an Alzheimer's Caregiver

Learn and share with other caregivers
**Now available on Zoom from the
comfort of your home**

When: July 8th - Aug. 12th 2020 12:30-1:15pm

To Register: call (920) 386-3580



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



Medicare Questions? We're Here to Help!

When it comes to Medicare, all the choices can be confusing. It may seem overwhelming to learn enough about the different parts of Medicare, to decide which coverage option will work best for you. In addition to the challenge, many people with Medicare live on a fixed income and struggle to pay for their health care and prescription drugs. Where can you go for help with these issues? The good news is, we are here to help!

Elder Benefit Specialists at the ADRC provides free, unbiased assistance for people with Medicare and other benefits. Elder Benefit Specialists are trained to help people who are having a problem with private or government benefits, by cutting through the "red tape" of the various federal, state, and county systems. They can help determine the benefits that they are entitled to and explain and/or assist with applications.



If you need answers to your Medicare questions, or are looking for assistance with applications, renewals or appeals for a benefit program, contact the Elder Benefit Specialists at the ADRC, 920-386-3580. Whether you are getting out in the community or staying safe at home, help is just a phone call away!



Upcoming MAPP Premium Changes

The Wisconsin Department of Health Services (DHS) has been working diligently to implement changes to the MAPP program to reduce the sudden premium cliff that occurs for people who have income over 150% of the Federal Poverty Level. These changes are expected to be implemented in August 2020.

Here is a summary of the anticipated changes:

- All MAPP participants will have at least a \$25 per month premium; no one will have premium-free MAPP once the changes are implemented.
- The maximum monthly MAPP premium anyone will have is \$100 per month.
- MAPP participants will be sent a letter regarding the premium changes at implementation time.
- There will be a hardship provision for people who are experiencing a financial hardship and are temporarily unable to pay their monthly MAPP premium.
- Independence Accounts will be an option for all EBD Medicaid participants, not just MAPP participants. Independence Accounts are explained in the Medicaid Eligibility Handbook (MEH) 26.4.1.1, and this section of the MEH will be expanded upon to provide further details.
- The Restrictive Re-Enrollment Period for MAPP, explained in MEH 26.6, will be reduced from six months down to three months.
- Former MAPP participants who are in a Restrictive Re-Enrollment Period at the time the changes are implemented will be sent a letter to notify them of the timeframe change.
- The MAPP Consumer Guide will be updated accordingly with all of these changes. This guide will be sent out to MAPP participants once every 12 months.

If you want more information or need assistance, contact the Dodge County Benefit Specialists at the Aging and Disability Resource Center (ADRC) at **920-386-3580** or **800-924-6407**.



From the Desk of the DCS



The world is changing every day and so is the way we operate. We want you to know we are still available to help. Many in-person groups and meetings have moved to a virtual venue. Here are a couple of links for ongoing virtual events for caregivers:

<http://wisconsincaregiver.org/virtual-events-for-caregivers>

<https://www.memorycafedirectory.com/cafe-connect/>

For other current virtual programs, support groups, and education opportunities available, please contact the ADRC. We would be happy to get you that current information or help you with whatever you need.

Submitted by
Rob Griesel
Dementia Care Specialist



MONDAY MORNING CAREGIVER COFFEE HOUR



Caring for someone living with dementia?

Connect with local Dodge, Jefferson, and Rock County Dementia Specialists virtually from the comfort of your home every **Monday from 10 am until 11 am!**

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three Aging and Disability Resource Center (ADRC) Dementia Care Specialists.

Bring your cup of coffee, tea, milk, juice, or whatever you like and interact via Zoom video. After registering you will receive a Zoom video conferencing link, phone number, and directions on how to connect by computer or phone.

Register by calling 920-386-4308 or by e-mail at rgriesel@co.dodge.wi.us

Thank you to those who donated homemade cloth masks not only for our staff but also to our volunteers and riders needing critical medical transportation. Over 300 facemasks were donated! The generosity of the Dodge County community to answer the call when times are challenging is awe-inspiring!



The Girl Scout Gold Award is the highest earned achievement. Gold Award Girl Scouts are the dreamers and the doers who take "make the world a better place" to the next level.



Ariel Nelson of Hustisford recently donated a dozen twiddlemuffs to the ADRC to hand out to consumers with dementia.

Twiddlemuffs can help to ease agitation and stress by keeping hands occupied while encouraging movement and brain stimulation. Thank you, Ariel!





How to Identify Contact Tracing Scammers



MADISON, Wis. – Wisconsin Attorney General Josh Kaul is warning residents about potential scammers using critical contact tracing to steal personal information from unsuspecting Wisconsinites. “Contact tracing is a key part of the effort to reduce transmission of the coronavirus, but it’s important to know that scammers may try to pose as contact tracers,” said AG Kaul. “Before giving anyone information for contact tracing, please make sure they are a legitimate contact tracer and not someone trying to commit identity theft. Knowing what questions our contact tracers will and won’t ask can give you the peace of mind that it’s really us on the line.” states Wisconsin Department of Health Services Secretary designee Andrea Palm. **Please do not ever give your Social Security number, bank account, or credit card information to someone purporting to be a contact tracer.** Contact tracers in Wisconsin are hired by the Wisconsin Department of Health Services (DHS) and local health departments to track the transmission of COVID-19 in Wisconsin. DHS staff assist local health departments in meeting the demand for contact tracers. Contact tracers authorized to work in Wisconsin will contact a resident by phone and identify themselves with a first and last name and the name of the government entity they are calling from. Contact tracers will say they are contacting you about an urgent public health matter and would like to speak with you to provide further information and share guidance.

LEGITIMATE CONTACT TRACERS:

- 1) Inform you that you may have been in contact with an individual who has tested positive for COVID-19
- 2) Ask how you are feeling
- 3) Where you went and who you’ve been in contact with in the last few weeks
- 4) Contact information and contact preferences
- 5) Your occupation and work status
- 6) Contact information for those you’ve been in contact with recently

TO IDENTIFY A SCAMMER, HERE ARE SOME TIPS:

- Authorized contact tracers will not ask for money or for personal information like your Social Security, bank account, or credit card number
- An authorized contact tracer will not disclose the identity of the person who tested positive and is the starting place for that tracing effort
- A legitimate contact tracer should be able to immediately provide you with up-to-date testing locations, with addresses, phone numbers, and information about whether you need to make an appointment at a particular location and what you will need to bring to that visit

To view the news release in it’s entirety, head to:

https://www.doj.state.wi.us/sites/default/files/news-media/6.22.20_Contact_Tracing_Scams.pdf

RESPECT YOUR ELDERS

REPORT ABUSE

The hotline was created through a grant awarded to GWAAR by the WI Department of Justice

A new Elder Abuse Hotline was announced to the public through press release on May 11, 2020 by Attorney General Josh Kaul. The purpose of the hotline is to make sure that elders who are experiencing abuse have a place to turn in order to find the right resource in their community. Elder abuse can be verbal, physical, emotional, sexual, or financial. It can also be intentional or unintentional neglect. Unfortunately, elder abuse is a growing problem in Wisconsin, negatively impacting the lives of our senior citizens and their families. **If you feel that you are a victim of elder abuse or you believe it has been inflicted upon someone you know or love, REPORT IT by either calling the ADRC or contacting the hotline.**

Call the Wisconsin Elder Abuse Hotline

1-833-586-0107

or visit **ReportElderAbuseWI.org**



Keeping Your Cool, When Temperatures Rise.

When extreme heat hits, be prepared!



Extreme Heat is Dangerous



- Globally, 2015 was the hottest year on record.
- From 2010-2013, Wisconsin had over 4,200 emergency room visits because of extreme heat. That's enough people to fill nearly 10 jumbo jets!
- Babies, small children, and people who work outside, live alone, live without air conditioning, or have long-term heart or lung problems are at highest risk for getting sick from extreme heat.
- Never leave children, pets, or other adults in a parked car.

These 4 Tips Can Help You Keep Cool



- Drink lots of water.
- When exercising outdoors, do so in the morning or evening.
- Seek shelter in air conditioned places such as public buildings or your local library.
- Keep your living area cool by using window blinds and limiting the use of the oven or stove.

Take Action If You Overheat



- Get cool immediately if you feel dizzy, a headache, muscle cramps, weakness, or nausea and vomiting.
- Call 911 if someone has hot, dry skin, is confused, experiences chest pain, has shortness of breath, or passes out.

Prevent injury from extreme heat!

Find more tips in our toolkit at:
<http://bit.ly/WIExtremeHeat>



Department of Health Services | Division of Public Health
Bureau of Environmental and Occupational Health
dhs.wisconsin.gov/climate
P-01292 (06/2016)

1. CDC Environmental Public Health Tracking Portal: <http://1.usa.gov/1rQwq1W>

Dementia & Driving



Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer's will, at some point, be unable to drive. Planning ahead can help ease the transition.

Having the Conversation

Discuss how retirement from driving will be handled before it becomes an issue.

Planning Ahead

Creating a plan ahead of time provides the opportunity to make choices and maintain independence.

Signs of Unsafe Driving

Observation by family and caregivers can help determine when driving is no longer safe.

For more information,
please visit:

<https://www.alz.org/help-support/caregiving/safety/dementia-driving>

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Disability Benefit Specialist News

Submitted by Ashley Sanborn, DBS

Additional FoodShare Benefits for Some FoodShare Members

If you are enrolled in FoodShare, you may have gotten additional FoodShare benefits for March through May, 2020. You received these additional benefits if you did not already receive the maximum monthly benefit amount for the number of people in your household. The amount you received was based on the number of eligible people in your home for those months and whether you were repaying any benefits.



These additional benefits were issued due to the COVID-19 pandemic to aid Wisconsin residents in need. Since Wisconsin's public health emergency period has ended, federal law says that Wisconsin can no longer continue to provide these additional benefits. Starting in June, you should have gotten your normal monthly benefit amount previously determined by the state. If you have had any changes to your household size or income, please report those changes.

Transitioning into Adulthood?

The new normal has become reality to many organizations!! This includes the partnership that the ADRC has with Green Valley Enterprises for self-advocacy training for participants. We recently held the first of many virtual Zoom classes. Usually those classes are done face to face but we have had to make some adaptations during this time and the use of computers and technology interaction gives a whole new perspective on life as it allows us to meet even when we can't be in the same room together.

The Transition Team at the ADRC of Dodge County continues to work with young adults with special needs, their parents, and schools. We are not yet able to meet face to face but we are able to provide information and complete assessments over the phone, through the mail, and via e-mail. Beginning six (6) months before your 18th birthday, the ADRC Transition Team can help with the transition from childhood to life as an adult.

Dear Dodge County Residents,

Here at Access to Independence (ACCESS) we hope that this article finds you well during these unprecedented times of the COVID-19 pandemic. We know that right now there is a lot of uncertainty but just know, ACCESS is here to help!

We are here to help in a variety of ways:

- *Information and referral to local resources
- *Information on how to best protect yourself from COVID-19
- *Information about how to use your SNAP benefits for online grocery shopping at Walmart
- *Peer support
- *Housing information

.... and, much more! Please, feel free to contact us with whatever your need may be and we can assess how we can best assist you! We are not currently practicing in person appointments but can hold appointments via phone calls or online Zoom meetings. We would love to meet with you!

Thank you,

Access to Independence Staff

www.accesstoind.org
(608) 242-8484





Healthy Skin Avocado Salad

Ingredients:

- avocado (peeled/pitted/diced)
- ½ sweet onion (chopped)
- ½ large ripe tomato (chopped)
- Salt and pepper to taste
- ¼ cup pumpkin seeds
- ½ green bell pepper (chopped)



GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students

Directions: In medium bowl, combine avocado, onion, bell pepper, tomato, and pumpkin seeds. Toss gently. Season with salt and pepper.

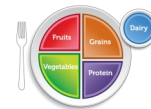
In this recipe, the avocado protects the skin from environmental damages, and helps keep the skin strong and healthy. The bell pepper keeps the skin firm and strong. The tomato protects the skin from the sun and helps prevent wrinkling.

Senior dining menus will not be listed in this issue. Due to the COVID-19 Pandemic, eligible seniors continue to receive 5 frozen meals per week versus 1 hot meal per day until further notice.

Senior Dining



Fellowship, Food & Fun



Request your Absentee Ballot for the **August 11** Partisan Primary TODAY!

Request your absentee ballot for the August 11 partisan primary TODAY! The August primary may seem far away, but it is not too soon to think about requesting your absentee ballot.

Go to:

<https://myvote.wi.gov/en-us/VoteAbsentee>

You can request your absentee ballot today. Requesting your ballot early ensures that you will receive it in time for the election. You can request an absentee ballot for the November 3 election at the same time.



Photos by Pixabay.com

EAT WELL, CARE WELL.

TIPS FOR HEALTHY SKIN:

Taking care of yourself as a caregiver can be tough! The skin is the largest system of the body, let's discuss how to keep it healthy.

Exfoliating the skin can help rid of dirt and dead skin cells that build up over time. Try exfoliating once every week (depending on sensitivity of skin).

Do not forget to moisturize the skin. Moisturizing the skin helps hydrate the skin as well as keeping it look healthier and younger.

Many of the foods we intake can affect the way our skin looks, feels, and functions. Vitamin C is needed to provide structure to the skin, examples of foods with Vitamin C are red peppers, brussels sprouts, lemons, oranges, blueberries and grapefruit. These foods also have antioxidants that can help fight against cell damage and things that harm the skin. Many different foods can help the production of healthy skin.

WEEKLY CHALLENGES

CHOOSE LOW-FAT OR DAIRY FREE PRODUCTS

USE WHOLE GRAIN BREAD AND PASTA

ADD 1 FRUIT AND 1 VEGETABLE TO EACH MEAL

DRINK A GLASS OF WATER WITH EVERY MEAL

DID YOU KNOW?

Pumpkin seeds are high in zinc, which helps to regulate the activity of skin oil glands and helps wound healing!



NUTRITION FIT BITS!



Update Regarding the Dodge County Senior Nutrition Program

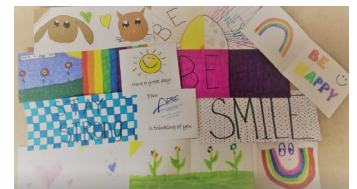
Congregate dining sites continue to remain closed until further notice due to COVID-19. The service of home delivered meals will continue under the same operations previously implemented on March 25, 2020 in response to the declared health emergency. Limited number of department staff will continue conducting meal deliveries under the following best practices:

- Daily temperature checks
- Required to wear a mask for deliveries
- Required to switch gloves for each delivery and hand sanitize in between
- Daily vehicle and food transport container sanitization methods
- Provide contactless delivery flexibility for able participants

Eligible seniors continue receiving 5 frozen meals per week versus 1 hot meal per day to help mitigate risk through reduced delivery frequency. Daily welfare calls are made to support isolated participants during this change of operations. There are weekly distributions to all participants of sunshine cards, CDC educational materials, a global postcard project, nutrition education, and virtual event education and offerings. Continued partnerships with local food pantries to coordinate and deliver food boxes to seniors, individuals with disabilities, and Dodge County residents are taking place and as well as the availability to distribute shelf stable meals.

Submitted by:
Jackie DeLaRosa, Supervisor

In an effort to bring forth positivity and a smile or two, homemade thinking of you cards, interactive conversation starters, and goodie bags have been handed out to our seniors



while receiving the frozen home delivered meals in Dodge County. To the left is one of the goodie bags handed out to bring awareness to World Elder Abuse Awareness Day (WEAAD) on June 15.

Senior Farmer's Market Vouchers for Dodge County - 2020

The Senior Farmer's Market Nutrition Program (SFMNP) provides eligible seniors with vouchers to use at area farmers' markets and participating roadside stands to help stretch their food dollars.

You must be 60 years of age or older (or a Native American 55 or older) and reside in **Dodge County**. Household income must be at or below 185% of federal poverty level:

- 1 person: \$1,968 monthly / \$23,606 annual income
- 2 persons: \$2,658 monthly / \$31,894 annual income
- 3 persons: \$3,349 monthly / \$40,182 annual income

- 4 persons: \$4,040 monthly / \$48,470 annual income
- For each additional household member, add \$691 monthly / \$8,288 annually

Each eligible household will receive \$25 in vouchers to use at authorized farmers' markets to purchase only Wisconsin grown fruits, vegetables, and herbs.

Vouchers will be distributed on a **"first-come, first serve" basis by calling 920-386-4338 and completing an eligibility screening over the phone.** Eligible applicants will receive their vouchers via mail beginning July 1, 2020 and all vouchers must be used by October 31, 2020.

This institution is an equal opportunity provider.



CALENDAR OF ADRC EVENTS

For more information or to register for events, please call the ADRC.

Due to the COVID-19 public health event, all (in person) events that were to be held in the summer months have been canceled. We are hopeful that these beneficial programs can be resumed real soon. Please call the ADRC for recent developments as to the status of your favorite ADRC event. Stay safe!

July 8 through August 12 from 12:30-1:15 pm

Book Club: Learning, Coping, and Surviving as an Alzheimer's Caregiver. Learn and share with other caregivers. Available via Zoom. Call to register.


July 14 from 9 am-Noon

Virtual Welcome to Medicare Class. Call to register.


August 19 from 4 pm-7 pm

Virtual Welcome to Medicare Class. Call to register.

Virtual Welcome to Medicare classes are here for the summer! All participants must register a week prior to the class in order to receive the covered materials. No computer is needed. We can talk you through how to join by phone!



Tuesday, July 14th 9am-12pm
Wednesday, August 19th 4pm-7pm



Join Virtually on Zoom!



Just remember, the Aging & Disability Resource Center (ADRC) of Dodge County is still here for you. If you need assistance or resources, call **920-386-3580**

Seniors in Need of Food?

To help seniors "stay safe" at home during this current public health event, the Aging and Disability Resource Center of Dodge County is collaborating with the Gathering Source Food Pantry to deliver pre-packaged food boxes to seniors in the following zip codes:

Clyman - 53016
Hustisford - 53034
Juneau - 53039
Lowell - 53557
Reeseville - 53579



Please call **920-386-3580** to order a pre-packaged food pantry box. Order by Monday for an every other Monday delivery.

The Beaver Dam Taxi and the City of Beaver Dam are working together to deliver food pantry boxes, at no cost, to anyone in their area. The pantries are:



St. Vincent de Paul
920-885-3392
Mondays-Fridays

Community Action Council
920-885-9559
Tuesdays & Thursdays

Note: individuals must make their own arrangements with one of the pantries and then contact the taxi company directly to schedule the pick up. Taxi drivers will only deliver to the door step (no entry) so individuals will need to be home and ready to receive their delivery. For apartments, the taxi driver will ring the buzzer and wait for the individual to come out and get it.